

# Organic for Health; 2007; 116 pages; iUniverse, 2007; 9780595473083; Sandy Powers

The authors behind these health books give helpful perspectives that can help improve your life—and waistline. What to Eat will be your new food dictionary. That's right, author Marion Nestle debunks all of the misleading health claims made by big food companies, by taking you through each section in the supermarket, (dairy, fish, meat, produce) and cutting the food jargon to decipher the meticulous food labels. You'll have a greater sense of what foods to buy and stay away from after picking up the purchase. This book will give you insights into the food ecosystem, and the quality of your food. All of which I feel are important concepts to grasp, the quality of your food matters. However, it may leave you feeling the need to eat exclusively organic and local food, which is just unfeasible for some people financially. If you can, I highly support the idea, but it's not an absolutely necessary component of having a healthy diet in the long run. Tip #20 reveals a little known known sources to get the healthiest organic quality foods at wholesale prices! \* The missing ingredient to good health? Tip #25 reveals the best way to get this into your body, and it's by doing something only certain cultures on this planet do regularly! Book Preview. Organic for Health - Sandra Powers. Health. Copyright © 2008 by Sandra Powers. What I did is the story behind Organic for Health. By discontinuing my multiple vitamins and multiple mineral supplements and switching to organic foods, I healed my liver. My body became better able to fight the reoccurrence of breast cancer. Organic-Non Organic. Die unsichtbare Kraft in Lebensmitteln – BIO und NICHTBIO im Vergleich. THE BOOK. The Invisible Power within Foods. Back page. This book is about the hidden power in foods. It encourages you to use your freedom of choice when shopping for food. The information presented in this book is nothing less than a quantum leap in the ability to recognize food quality: quality becomes visible, not just to the experts, but to everybody! For many years the founder and leader of a small Swiss food company has investigated over 50 foods, both organic and nonorganic, in his own specially designed laboratory. He has published the results of his research in this wonderful coffee table book.